

Food ForThought



Your newsletter from Aramark Student Nutrition

September 2026

A Message from your Student Nutrition team!

We're so excited to welcome everyone back to school!

The new school year brings fresh energy—and new routines for everyone. School meals are here to make your days a little easier, with healthy and delicious options to keep your students fueled and ready to learn. We're looking forward to a great year together!



What's on the menu?



Pesto Chicken Flatbread

A BLEND OF ROASTED CHICKEN, ONIONS, ZUCCHINI, ROASTED RED PEPPERS, AND FRESH BASIL, BAKED IN A PESTO-BRUSHED FLATBREAD AND MOZZARELLA CHEESE. SERVED WITH A SIDE OF PIZZA SAUCE FOR DIPPING.

DEVELOPED BY
CULINARY



September's Limited-Time Offer!

This September, we are featuring the Pesto Chicken Flatbread in the cafeteria—a flavorful twist expected to be popular among students. Each month, we introduce Limited-Time Offerings (LTOs) based on trends, seasonal ingredients, and student feedback to keep the menu fresh and exciting. Don't miss out; this special is available for a limited time.



What's not on the menu this school year?

Just as important as what we serve is what we choose not to. We're continuing to simplify our ingredients by removing certain additives, including **artificial dyes** and commonly questioned ingredients.

The good news? This isn't a big change for most of our meals—we already used very little of these ingredients. We're simply making sure they're completely out. You may notice small differences in color or appearance, but your students will still enjoy the foods they know and love.



Parent Corner

Ever feel like your kids are always asking for a snack? You're not alone! Snacks can play a big role in keeping kids energized and ready to learn throughout the day.

Looking for simple ideas to make snack time healthier and more balanced? Check out these helpful tips from a registered dietitian:

<https://www.fyp365.com/healthy-snacking-parents/>

